



### Testimonials:

*"I just wanted to thank you for your input into the coaching session it was very useful and very powerful." CC, Suffolk.*

*"After just one session I felt more positive about my life." LJ, Hampshire*

*To book your free, confidential, no obligation consultation, contact Perceptions Coaching at the address below.*

### Benefits to you include:

- ✓ You can achieve your goals
- ✓ You verify options for change
- ✓ You define your direction in life
- ✓ You explore greater fulfilment
- ✓ Understand your values
- ✓ Develop empowering beliefs
- ✓ Set a timeframe for your success

Coaching also helps you to develop strategies to:

- ✓ Improve Work Life Balance
- ✓ Manage Stress
- ✓ Manage Change

*If you always do what you've always done, you'll always get what always got...*

**Coaching Equation:**  
**Performance = Potential - Interference**

Call today for your free confidential discussion.....



e-mail: [perceptions.coaching@ntlworld.com](mailto:perceptions.coaching@ntlworld.com)  
[www.perceptionscoaching.co.uk](http://www.perceptionscoaching.co.uk)

Telephone: 01206 562367  
Mobile: 07919 522246

*If you feel coaching is not right for you at this time, please pass this leaflet to someone you know who may benefit from moving forward in their lives.....*



*Are you in search of more fulfilment & satisfaction?*

*To find out how to achieve more from life, read on...*

At Perceptions Coaching we are passionate about coaching. We believe that all our clients have the skills and strengths within them to solve all the issues in their lives. We can help you to use these strengths and skills to achieve your goals.



### What is the reality of achieving all your goals in your current situation?

Focused on your enrichment, Perceptions Coaching can help you to map out your goals (using useful, tried and tested exercises) and then close the gap between where your goals are and where your life is today. **We will help you to achieve your goals.**

**Perceptions Coaching will help you to set your objectives, take action and to meet your goals.**

The type of goals we can help you with include:

- ✓ Work Life Balance
- ✓ Interpersonal Skills
- ✓ Building Self Esteem
- ✓ Developing Strengths

### What options do you have to achieve your goals?

Discussing all aspects of personal development through a journey of exploration, you will discover your inner ability to achieve life goals.

This service is about you and what you want to achieve. Perceptions Coaching will focus entirely on you and help you to **achieve more in life, leading to greater fulfilment and improved self esteem.**

Coaching will open up new possibilities and ideas, using **proven methods to deliver lasting results.**



Through coaching you can expect to challenge and review your:

- ✓ Beliefs
- ✓ Values
- ✓ Goals & Motivation

*"If the only tool you have is a hammer, all your problems look like nails." Abraham Maslow*



Concentrating on the future and moving forward with each session, you will experience a greater understanding of yourself and your individual strengths.

### When will you achieve your goals?

Using your past experience and exploring new thoughts and ideas, we can help you to appreciate your own abilities in a completely independent, confidential and impartial environment.

**All this can be achieved in just a few sessions.**

**Call today to arrange your free consultation.....**

**Perceptions Coaching -  
focused on your enrichment...**